Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container Variable

Amount Per Serving

Calories 200 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 150mg	**6%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 1g	**4%**
Sugars 29g	
Protein 4g	

Vitamin A 6%	•	Vitamin C 0%	
Calcium 15%	•	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 ● Carbohydrate 4 ● Protein 4